



Living life to the fullest! (John 10:10)

## What is Life Coaching?

Life coaching involves a one on one relationship with your coach, self assessment to help you explore “where you are” today, dialogue with a coach who will provide tools, resources, and accountability to fuel your growth, and a commitment to meet regularly as agreed upon with your coach.

## Why Life Coaching?

We believe at House of Joy that your spiritual and personal growth is a life-long journey that YOU must take responsibility for. We want to provide opportunities that enable you to continue to grow and move forward in life. We believe that you will only reach your potential in community which includes one on one accountability through Life coaching. Life coaching will help you set goals and provide accountability to actually meet those goals.

## How does Life Coaching work?

You will initially take a self assessment to help identify where you are today. As you assess your current strengths and weaknesses, your coach will prescribe a personal growth plan. You will be encouraged to go forward by strengthening the underdeveloped areas of your life and accomplishing goals set. There is no one-size fits all growth plan, but we want to assist you in answering the question, “What is next for me?” The suggested donation for coaching is \$30.00 per session whether you meet weekly or monthly or whether you meet in person or by phone. Each session usually lasts 45 minutes. At the end of your committed time agreed upon with your coach (a minimum of 6 months), you will be given the opportunity to continue with that coach, try another coach, or discontinue coaching.

## As Iron sharpens iron, so one man sharpens another. -Proverbs 27:17

I understand and agree to the above and am committing to meeting with my Life coach regularly as agreed upon.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date